



# Wright Patterson Fitness Centers

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- **Wright Field Fitness Center**, located in Bldg 571 Area B
  - Hours: Mon-Fri 0500-2000, Sat 0800-1800
- **Dodge Fitness Center**, located in Bldg 849 Area A
  - Hours: Mon-Fri 0500-2200, Sat-Sun 0800-2000
  - Holidays 0800 1800



# Wright Patterson Fitness Center

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- **Jarvis Gym**, located in Bldg 1245, Kittyhawk Area
  - Hours: M-F 0500-2200, Sat-Sun 0800-2000
  - Holidays 0800-1800



# Wright Field Fitness Center

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- **FIP**( Free Fitness Improvement Classes)

- Spinning
  - Mon and Wed 0600-0645 (start 1 Oct), 1130-1215
  - Tue and Thu 1130-1215, 1700-1745
- Bootcamp Aerobics
  - Mon, Wed and Fri 0655-0740, 1130-1215
  - Tue and Thu 1130-1215

- Stability Ball Training

- Fri 1120-1215

- **APF** (Free) Classes

- Kickboxing
  - Tue and Th 1800-1900



# Wright Field Fitness Center

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## ■ **NAF Classes (Pay as you go)**

- Yoga, Tue and Thu 1700-1800 Cost \$7.00 a class or \$60.00 for 10 classes
- Pilates, Sat 1200-1300 and another class at 1300-1400 Cost \$7.00 a class or \$60.00 for 10 classes
- Interval Step, Sat 0930-1100, Cost \$3.00 a class
- Combination Step, Mon and Wed 1600-1700 \$3.00 a class

## ■ **Indoor Running Track**

- 1/9 Mile

## ■ **Men's and Women's locker rooms**

- Saunas in each
- Daily use lockers



# Wright Field Fitness Center

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- **Two Regulation Size Basketball Courts**

- Used for Volleyball also

- **Free weight room (67 Specialized Pieces)**

- Two Cable Crossover Machines
- Two Smith Machines
- Cybex Circuit Machine
- Hammer Strength plate loaded weight machines
- Cybex
- Life Fitness

- **Racquetball Courts**

- Equipment available at front desk

- **Cardio Equipment (53 Pieces)**

- Treadmills
- Cross Trainers
- Bikes (recumbent and vertical)
- Versa Climbers
- Jacobs Ladder
- Stair Steppers
- Elliptical Trainers
- Versa Climbers



# Dodge

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## ■ Free Classes

- Bootcamp Aerobics
  - Mon, Wed and Fri 0600-0730
- Walking Program
  - Mon and Wed 0930-1030
- Step Aerobics
  - Mon, Wed and Fri 1130-1230
- Spinning
  - Tue-Thu 1130-1215

## ■ NAF (Pay as you go)

- Step Aerobics
  - Mon, Wed and Thu 1700-1815, Cost \$2.00



# Dodge Gym

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- **Men's and Women's Locker room**
  - Both have Sauna and Steam rooms
  - Daily use lockers
- **Indoor Pool**
  - Open Sept-May
- **Basketball Court**
- **Four Volleyball Courts**
  - Equipment available for checkout
- **Cardio Equipment (35 pieces)**
  - Treadmills
  - Cross Trainers
  - Elliptical Trainers
  - Stair Steppers
  - Bikes
    - recumbent and vertical



# Dodge Gym

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- **Free Weights** (6 Plate Loaded Specialized Pieces)
  - Power rack
  - Calf Machine
  - Free weights
  - Dumbbells
  - Squat Machines
  - Cybex





# Jarvis Gym

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## ■ Facilities

- Men's and Women's Locker Rooms
  - Daily Use Lockers
- Co-Ed Sauna
- Racquetball Court
- Two Regulation Sized Basketball Courts
  - Volleyball also available

## ■ Free Classes

- Spinning
  - Mon and Wed 1600-1645



# Jarvis Gym

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## ■ Free Weight Room

- Crossover Machine
- (7) Selective weight machines (body masters and gravitron)
- Plate loaded weight machines
- Barbells and dumbbells
- Free weight benches and power racks

## ■ Cardio Equipment (17 Pieces)

- Treadmills
- Cross trainers
- Stair steppers
- Recumbent and vertical bikes
- Elliptical trainers